Relationship between Self-Compassion and Body Dismorphic Symptoms in Early Adulthood

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ABSTRACT

Some individuals may expect the best in their physical appearance. However, some individuals become insecure about their deficiencies or disabilities and try to avoid or cover up any defects or deficiencies in their bodies. Without realizing it, this can be one of the symptomps of body dismorphic. Therefore, it is important for individuals to develop self-compassion. Self-compassion is an action to understand and be kind to yourself and accept yourself during difficult times. This study aims to examine the relationship between self-compasion and body dysmorphic symptoms in early adulthood. This study involved 504 participants (162 male and 342 female) with an age range of 18 – 29 years and used two measuring instruments, The Self-Compassion Scale (SCS) and Appearance Anxiety Inventory (AAI). The measure consists of 10 items for AAI measuring instruments and 26 items for SCS measuring instruments with 4 point Likert Scale. Evidence of the validation of the two measuring instruments is shown by the item-total correlation>0.2. This research uses non-experimental quantitative research methods with correlation research. The data analysis technique used is Spearman Correlation. The result of this study indicate a negative relationship between self-compassion and symptoms of body dysmorphic in early adulthood (r= -0.39 dan p<0.01).

Keywords: *Self-Compassion, Body Dysmorphic, Early Adulthood*

1. INTRODUCTION

some may expect the best in physical appearance which is considered important for some people [1]. Not infrequently this can make some individuals feel less confident about their deficiency. One of the things that can make individuals less confident is because of current technological developments. Rapid technological developments, gave rise to various applications commonly known as social media [2]. There are several social media applications that are trending among teenagers and early adults, namely Facebook and Instagram [3]. This application contains information by loading images, such as food, clothes, tourist attractions and even photos of users [3]. Individuals who are active in the use of image-based social media can see other individuals who publish photos of themselves giving the impression of a perfect face and body, so that it can make some observers who see the photo feel inferior because they feel their body is not ideal. This makes it possible for young adults to experience body dysmorphic symptoms. Body dysmorphic is preoccupation with one or more deficiencies and is felt in the individual's physical appearance that may seem unimportant or unnoticed by other individuals, this can be in the form of repetitive behavior such as continuous, excessive reflection and others, a reflection of aspects such as comparisons. the appearance of other individuals with oneself [4]. This study investigates the symptoms of self-compassion with body dysmorphic in early adulthood,

where the results of this study are useful for early adult individuals who focus on deficiencies that exist in body parts. Self-compassion in this study can be used to reduce anxiety with deficiencies in the body of early adult individuals.

The use of social media in the last five years has continued to increase, it was noted that in early adulthood 18-29 years it rose to 90% from 2005 which was only 12%, ages 30-49 rose to 77% from 8%, ages 50-65 experienced an increase to 51%, and 65 years and over increased to 35% from 2005 which was only 2%. It is also said that men and women are comparable in using social media sites for men 62% and women 68% [5]. All photo-based activities such as viewing, posting pictures and commenting on other people's pictures as well as on one's own pictures have played an important role [6]. The amount of time spent on the internet, especially on social networking sites or applications has been associated with poorer body image outcomes in adolescent girls and women. [7].

The presence of social media also gives rise to some unexpected negative effects such as the perception of some individuals in seeing the shortcomings in the individual body [8]. More than 50% of people in Indonesia are active users of social media, out of 150 million active users of social media, the most used by Indonesian people are YouTube with 88% active users, Facebook with 81% active users, Whatsapp with 83% active users, and Instagram with 80% active users [9]. In social media

applications that highlight visual images, such as the Instagram application, which can make some observers feel inferior due to exposure to visual images of other individuals who are considered to have a perfect body than the observer, this can cause some observers to compare their bodies. yourself with other individuals. Instagram is a platform where everyone can comment on posted pictures and double-tap on things they like [6]. Every day, there are more than 95 million individuals uploading images every day [10].

The picture of the individual's body also comes from individual experiences in the form of perceptions of body weight and body shape, these behaviors ultimately lead individuals to self-evaluation, where if the individual does not feel comfortable with his body shape and tends to see his body is not perfect, the individual will expect the shape of the body. other than his body and trying to change his body [11]. If the individual begins to compare or even has the perception of wanting to change his body shape, it can be said that the individual may begin to have body dysmorphic symptoms [12]. Body dysmorphic is preoccupation with one or more perceived deficiencies or defects in an individual's physical appearance that may seem unimportant or unnoticed by other individuals, this can be in the form of repetitive behaviors such as constantly looking in the mirror, excessive grooming and others, as well as from mental aspects such as comparing the appearance of other individuals with oneself [4].

Due to current technological developments, individuals must have a feeling of self-compassion towards themselves. Self-compassion itself is something that is described as a form of understanding and being kind to oneself, and accepting oneself in difficult times [13]. Based on research in the last two years, body dysmorphic symptoms in adolescents aged 15 years were found to be 49% (n = 6968), in adolescents aged 18 years it was estimated at 39% (n = 3738) and early adults aged 20 to 28 years at 37 % (n= 4671) [14]. In a previous study regarding the relationship between self-compassion and body dysmorphic symptoms in adolescents conducted by [15]. This study used 449 Australian high school students with an age range of 11-17 years (60% female). In this study, researchers hypothesized that adolescents who had higher self-compassion on the total score would have lower body dysmorphic symptoms. Individuals who grew up in different countries also have different views of the ideal body image. Social desire for an ideal body image makes body dysmorphic develop, such as the three ethnicities that can represent 128 million people from various ethnicities, namely Asian, Hispanic and African-American, where Asian and Hispanic people tend to want a thin ideal body, while African-Americans have an ideal body image a fuller ideal body [16].

Based on the entire explanation that has been described above, it appears that there is a negative relationship phenomenon between self-compassion and body dysmorphic symptoms. In other words, the higher a person's self-compassion, the lower the body dysmorphic symptoms. Vice versa, the lower self-compassion, the higher a person experiences body dysmorphic symptoms. In addition, individuals from different countries will have different perceptions of the ideal body. With an average age and a high rate of body dysmorphic occurrence in adolescents, namely before the age of 18 years. So with the explanation described above, the researcher intends to examine the relationship between self-compassion and body dysmorphic symptoms in early adulthood. This study was conducted to re-examine previous research regarding the relationship of self-compassion with body dysmorphic symptoms but by using early adult participants and being active in the use of social media Instagram. The use of Instagram social media was also chosen because the researchers wanted to see if participants who were often exposed to visual images of the Instagram application had body dysmorphic symptoms.

1.1. Formulation of The Problem

The formulation of the problem in this study is whether there is a relationship between self-compassion and body dysmorphic symptoms in early adulthood?

1.2. Research Hypothesis

Research hypothesis: there is a negative relationship between self-compassion and body dysmorphic symptoms in early adulthood.

2. RESEARCH METHOD

2.1. Research Participants

Participants in this study were men and women, early adults (18-29 years), born and living in Indonesia and active in the use of social media Instagram. The sampling technique used is non-probability snowball sampling.

2.2. Research Design

The research design in this study was a non-experimental quantitative study. This research is also a correlational study.

2.3. Measurement

The measuring instrument used in this study for the variable of body dysmorphic symptoms is the Appearance Anxiety Inventory (AAI) which was created by Dr David Veale and colleagues [17]. The AAI measuring instrument has good test-retest results on reliability and validity in measuring performance anxiety. Symptoms of body dysmorphic can be seen, one of which is anxiety about

one's appearance. Before being used, the researchers adapted the AAI measuring instrument first. The measuring instrument consists of 10 items, is unidimensional, and no items are reversed. The total score is obtained by adding up all the items. The researcher also uses the Self-Compassion Scale (SCS) measuring instrument created by Kristin Neff [13] and has been translated into Indonesian and has been tested for reliability and validity by [18]. There are 26 items consisting of 13 positive indicators and 13 negative indicators. This self-compassion score is calculated by adding up each positive dimension and the inverse score on the negative items.

2.4. Analysis Techniques

Data processing is carried out using the SPSS (Statistical Product and Service Solution) version 20.0 application. The next researcher conducted reliability and validity tests on both measuring instruments. Furthermore, the researchers conducted a normality test using the One Sample Komorgorov Smirnov technique and conducted a linearity test. From the test results, the researchers got the results that the research data was normally distributed but not linear. So that the quantitative data that has been obtained will be processed and analyzed using non-parametric statistical techniques, namely Spearman Correlation. This analysis technique is used to determine the relationship between the two variables, namely self-compassion with body dysmorphic symptoms.

3. RESULTS AND DISCUSSION

3.1. RESULTS

No	Category		Amount	Percentage
1.	Age	18-20	206	40.9
		20-29	298	59.1
2.	Birth Place	Jabodetabek	337	66.9
		Outside Jabodetabek	167	33.1
3.	Domicile	Jabodetabek	409	81.2
		Outside Jabodetabek	95	18.8
4.	Gender	Man	162	32.1
		Woman	342	67.9
5.	Instagram users	Active	504	100
		Not active	0	0

Table 1 Overview of research participants

	N	Min	Max	Empirical Average	Standard Deviation
Body Dysmorphic	504	1.10	4.00	2.31	0.48

Table 2 Participant description of body dysmorphic symptom variables

The description of the data on the body dysmorphic symptom variable using a scale of 1-4, has a hypothetical average of 2.5. Overall, the data on body dysmorphic symptoms showed an empirical average of 2.31, proving that the subjects of this study had low appearance anxiety.

	N	Min	Max	Empirical Average	Standard Deviation
Self-Compassion	504	1.26	4.00	2.75	0.42

Table 3 Participant description of self-compassion variable

The description of the data on the self-compassion variable using a scale of 1-4, has a hypothetical average of 2.5. Overall, the self-compassion data showed an empirical average of 2.75, proving that the subjects of this study had high self-compassion.

Variable	R	P
Self-Compassion and Body Dysmorphic	-0.39	0.000

Table 4 Correlation test

The results show that there is a significant negative relationship between self-compassion and body dysmorphic symptoms in early adulthood. From the data analysis, it shows the value of r = -0.39 and p <0.01, indicating that the hypothesis is accepted where the higher the self-compassion, the lower the body dysmorphic symptoms and the lower one's self-compassion, the higher the body dysmorphic symptoms.

3.2. DISCUSSION

Based on the results of the analysis that has been carried out, it is found that there is a relationship between self-compassion and body dysmorphic symptoms in early adulthood. This is in line with and supports previous research conducted by [15], regarding the relationship between self-compassion and body dysmorphic symptoms in adolescents. In this study, researchers used 504 early

adult participants aged 18-29 years (M age = 3.93, SD = 2.03) who were active in the use of social media Instagram. In general, early adults range in age from 18-30 years, this is based on the theory put forward by [19]. The use of technology in these five years continues to increase, especially at the age of 18-29 years according to theory [5]. Researchers also limit the use of other social media platforms and only use participants who are active in using Instagram. This is because Instagram is one of the platforms with the most active users every day [9].

Instagram is a platform where everyone can post, comment on things they like or don't like [6]. Active users of image-based platforms have associated poorer results in viewing one's own body, especially in adolescents and early adult women [7]. However, this study does not support the theory [7], because participants who are not active in using Instagram will be eliminated by researchers and researchers only use participants who are active in using Instagram only. From the results obtained, participants in this study had low body dysmorphic symptoms. However, this can be inconsistent, it can also be caused by factors such as differences in age, gender and cultural differences of participants.

Culture can influence BDD symptoms to some degree [4]. Individuals who grew up in different countries also have different views of the ideal body image [16]. Social desire for an ideal body image makes body dysmorphic develop, such as the three ethnicities which can represent 128 million people from various ethnicities, namely Asian, Hispanic and African-American, where 63 Asian and Hispanic people tend to want a thin ideal body, while African-Americans have an ideal body image that is fuller. Therefore, this study only used participants who were born and lived in Indonesia. This is done by researchers because if participants who were born in Indonesia but live abroad are afraid that it will cause bias due to cultural differences, so the researchers take participants who are domiciled in Indonesia only. In this study, the researcher did not limit the number of participants based on gender. However, from the data obtained, it is known that the number of female participants is 342 people (67.9%) and the least is male with 162 participants (32.1%).

Researchers also conducted a different test based on age, it is known that the self-compassion variable data is homogeneous and there is no significant difference in the age of the participants, which indicates that the participants have high self-compassion based on age. This is also not in line with research conducted by [20], which says that self-compassion is significantly related to age, where people who have reached the integrity stage (old age) will be more accepting of the conditions they have experienced and have higher self-compassion. Different test based on age on body dysmorphic variables, it is known that the data are homogeneous and there is no significant difference in the age of the participants. This

study also supports the theory of [4], because in this study there was no significant difference in age based on body dysmorphic variables. However, this can happen because the participants in this study were over 18 years old.

The researcher also conducted a different test based on gender, it is known that the self-compassion variable data is homogeneous and there is no significant difference between men and women. This shows that the participants in this study have high self-compassion based on gender. Women are more than twice as prone to depression as men, but this study is not in line with the theory put forward by [20]. However, these studies may be inconsistent due to differences in the number of participants and culture. Researchers also conducted different tests based on gender on body dysmorphic variables. It is known that the data are not homogeneous and there are significant differences between male and female participants. In this study, the results showed that there was appearance anxiety between male and female participants based on gender. The prevalence of body dysmorphic problems is higher in women compared to men, this is in line with previous research conducted by [14].

4. CONCLUSION

Based on the results of the analysis that the researchers have done, it can be concluded that there is a significant negative relationship between self-compassion and body dysmorphic symptoms in early adulthood. The higher the self-compassion in early adulthood, the lower a person in early adulthood experiences body dysmorphic symptoms. On the other hand, the lower self-compassion in early adulthood, the higher the early adulthood will experience body dysmorphic symptoms.

ACKNOWLEDGMENT

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